

# VDH VIRGINIA DEPARTMENT OF HEALTH



Emergency Kit Cook Off Cookbook  
2023



**September is National Preparedness Month, and the Virginia Department of Health Office of Emergency Preparedness host an Annual Emergency Kit Cook-Off.**

**Employees from State agencies submit recipes prepared using only non perishable pantry items and manual appliances. The finalists prepare their recipe for the live Cook-Off event in September.**

**This cookbook holds the delicious recipes for the last 6 years, and it shows that the loss of power doesn't have to equal loss of taste and a little gourmet can help provide comfort during an emergency.**

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# “Southwestern Three Bean Salad”

*By: Susan Margaret*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Southwestern Three Bean Salad"

*By: Susan Margaret*

## Ingredients:

- ❖ 15 oz can black beans
- ❖ 15 oz can pinto beans
- ❖ 15 oz can garbanzo beans (chickpeas)
- ❖ 2-3 (to taste) chipotle peppers packed in adobo sauce, finally chopped (from 6-8 oz can)
- ❖ 3 T cider vinegar
- ❖ 2 T Vegetable oil
- ❖ ¼ c chopped fresh cilantro
- ❖ ½ small sweet onion, (Vidalia, Walla Walla) thinly sliced into half moons
- ❖ lettuce leaves (optional)
- ❖ salt
- ❖ pepper

## Directions:

*Drain and rinse all beans. Combine first 7 ingredients until well mixed. Season with additional chipotle peppers and/or S&P to taste. Arrange lettuce on platter and mound salad on top if desired. Top with onion slices.*



*\*Voted First Place*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# “Three Bean Metro Salad”

*By: Dorothy Hayden*



# "Three Bean Metro Salad"

*By: Dorothy Hayden*

## Ingredients:

- ❖ 15 oz can cannellini beans
- ❖ 15 oz can kidney beans
- ❖ 15 oz can green beans
- ❖ ½ red onion
- ❖ 2 celery stalks
- ❖ 1 c of greens (spinach, arugula, mixed greens)
- ❖ ½ t chopped dried rosemary
- ❖ 1/3 c apple cider vinegar
- ❖ ¼ c granulated sugar
- ❖ 3 T extra virgin olive oil
- ❖ 1 ½ t salt
- ❖ ¼ t black pepper



## Directions:

1. Open and drain the beans and rinse over cold water.
2. Chop the onion, celery stalks, and greens
3. Mix the ingredients in the first bowl.
4. Mix the dressing ingredients in the second bowl.
5. Add the dressing over top of the salad ingredients.
6. Combine the dressing with the salad ingredients until everything is coated.
7. Allow the salad to chill in an ice chest for 20-30 minutes.

*Ideally this recipe could stay chilled for several hours.*

*\*Voted Second Place*

# "Kohii Zerii- Coffee Jelly"

*By: Brittany Gibroy*

## **Ingredients:**

- ❖ *Gelatin*
- ❖ *Almond Slivers*
- ❖ *Coffee*
- ❖ *Condensed Milk*
- ❖ *Vanilla Bean Powder*

## **Directions:**

- 1. Combine unflavored gelatin and water.*
- 2. Brew freeze dried coffee and remove from heat. Whisk in gelatin until dissolved. Stir in desired amount of sweetened condensed milk and vanilla bean powder. Let cool for 15 minutes.*
- 3. Pour into dish or ice cube blocks and allow to set for 5 hours.*
- 4. Enjoy with almond slivers on top.*

# "Mitarashi Dango"

*By: Arden Lynn*

## Ingredients:

❖ *For dango:*

- ❖ *Dry somen noodles*      270 g
- ❖ *Corn starch*              3 TBS
- ❖ *Boiling water enough to boil somen noodles*
- ❖ *Cold water enough to cool noodles*

❖ *For glaze:*

- ❖ *Soy sauce*                 1.5 TBS
- ❖ *Katsuo soup base*        1 TBS
- ❖ *Sugar*                      3 TBS
- ❖ *Cooking wine*             3 TBS
- ❖ *Corn starch*              1 TBS
- ❖ *Water*                      100 ml

## Directions:

1. *Boil and drain noodles.*
2. *Transfer to bowl and add corn starch.*
3. *Knead noodles and corn starch together until dough forms.*
4. *Roll dough into balls and drop into boiling water.*
5. *Boil until the balls begin to float.*
6. *In a separate saucepan, combine and heat ingredients for glaze.*
7. *Simmer until glaze thickens.*
8. *Plate mitarashi dango as desired and drizzle with glaze.*

*(These can also be served on a skewer if plates are not available.)*

# "Emergency Tiramisu"

*By: Kate Bausman*

## **Ingredients:**

- ❖ *Twinkies*
- ❖ *Instant coffee or espresso*
- ❖ *Vanilla extract*
- ❖ *Marshmallow fluff*
- ❖ *Vanilla pudding*
- ❖ *Cocoa powder or Hershey bar*

## **Directions:**

1. *Make instant coffee or espresso with cold water.*
2. *Dip twinkies in coffee.*
3. *Slice twinkies into 6 slices.*
4. *Place 3 slices in bottom of cup.*
5. *Mix 2 vanilla snack pack puddings with 4 tbsps marshmallow fluff and a splash of vanilla extract.*
6. *Drizzle enough pudding/fluff mixture to cover twinkie slices.*
7. *Add another twinkie layer.*
8. *Add more pudding mixture and top with cocoa powder or grated chocolate bar.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Chicken Chili"

*By: Nicole De Stefano*



# EMERGENCY KIT COOK-OFF RECIPE

## "Chicken Chili"

By: Nicole De Stefano

### Ingredients:

- ❖ 1/4 c dried onion
- ❖ 1 packet taco or chili seasoning
- ❖ 14 oz chicken stock
- ❖ 2 cans 12.5 oz chicken in water (drained, separated, shredded)
- ❖ 15 oz sweet corn
- ❖ 15 oz chili beans in sauce
- ❖ 15 oz kidney or pinto beans
- ❖ 2 cans 10.5 Rotel (any flavor)
- ❖ 15 oz tomato sauce
- ❖ 1/4 c dried cilantro
- ❖ 1 c quick cook rice
- ❖ salt
- ❖ pepper
- ❖ Optional Items
  - ❖ Shredded shelf stable cheese
  - ❖ Tortilla chips
  - ❖ cilantro

### Directions:

Combine all ingredients (Dried Onion, Seasoning Packet, Chicken Stock, Chicken, Corn, Beans, Rotel, Tomato Sauce, Cilantro, and Rice) in a 6 qt or large pot over medium high heat and bring to a boil, stirring occasionally.

When boiling, reduce heat to low, cover, and simmer for 20-30 mins or until rice is no longer hard, stirring occasionally.

Plate in bowl and top with shredded cheese, Cilantro, and tortilla chips.

Serves 6-8

*\*Voted First Place*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Aunt Donna's Famous Taco Soup"

*By: Tanya C. G. Pruett*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Aunt Donna's Famous Taco Soup"

*By: Tanya C. G. Pruett*

## Ingredients:

- ❖ *4 Tbsp dried onions*
- ❖ *2 cans pinto beans*
- ❖ *1 can black beans*
- ❖ *1 can corn*
- ❖ *2 cans diced tomatoes with green chilies*
- ❖ *1 c water*
- ❖ *1 pkg ranch dip*
- ❖ *1 pkg taco seasoning*

## Directions:

*Rinse and drain black beans. Add all ingredients to pot and simmer 20 minutes. Enjoy!*

While visiting our 88-year old and beloved Aunt Donna in Georgia, she made a Taco Soup for us that instantly became a favorite. Her recipe was so flavorful and easy, we couldn't wait to bring it home with us to Virginia. Suffice it to say, **Aunt Donna's Famous Taco Soup** has become a local legend in the decade since, as folks always clamor for the recipe! At 98-years young, dear Aunt Donna now leaves the Taco Soup cooking to us, but she is thrilled we're sharing her recipe with you [Admittedly, the original recipe calls for 1 lb lean ground turkey (browned, drained) and 1 fresh onion (chopped), but for emergency purposes, when camping, or when refrigeration/power are an issue, this non-perishable version will put a smile on your face. Here's to good eating and great memories!].

*\*Voted Second Place*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Thai Curry Plate"

*By: Ju-Yin Chen*



# "Thai Curry Plate"

By: Ju-Yin Chen



## Ingredients:

- ❖ 114 g Thai red curry paste
- ❖ 400 mL coconut milk
- ❖ 142 g sliced bamboo shoots
- ❖ 411 g sliced carrots
- ❖ 227 g sliced mushroom
- ❖ 225 g cut baby corn
- ❖ 828 g white and dark premium chunk chicken
- ❖ jasmine rice
- ❖ freeze dried basil  
(optional)

## Directions:

Following the preparation instructions on the package of Jasmine rice to cook the rice. Stir fry red curry paste with cooking oil (4 tbsp) Slowly add coconut milk and stir thoroughly until boiling. Add canned chicken and vegetable into the curry and keep stirring until boiling again. Ready to eat

*\*Voted Third Place*

# "Spam Bam"

By: L' Tanya Taliaferro

## Ingredients:

- ❖ can of Spam
- ❖ onions
- ❖ chickpeas
- ❖ salt
- ❖ pepper
- ❖ Old Bay Seasoning
- ❖ paprika
- ❖ olive oil
- ❖ onion powder
- ❖ yellow mustard
- ❖ garlic

## Directions:

Open 1 can of spam with can opener, dice spam, toss in a bowl, dice 1/4 of a small onion, open 1 can of chickpeas drain and rinse, add to the bowl. Add the following ingredients to the bowl: 1 tsp. olive oil, 1 pinch of salt, 2 pinches of pepper, 1 pinch of old bay seasoning, 1 pinch of paprika, 2 pinches of onion powder, 1 pinch of garlic powder, 1 tsp of yellow mustard. mix up together. Goes well with Pita bread or by itself. This can be served hot or cold. If serving hot add 1 tsp. of olive oil to medium heated pan, once warm add diced spam, chick peas, onions and remainder of ingredients and "Bam"

# "Emergency Chicken Fried Rice"

*By: Mike Wagner*

## **Ingredients:**

- ❖ *2 cans of chicken breast in water*
- ❖ *1 can whole corn kernels*
- ❖ *1 can green beans*
- ❖ *1 can diced carrots*
- ❖ *3 c rice*
- ❖ *water*
- ❖ *soy sauce*
- ❖ *Teriyaki sauce*
- ❖ *Vegetable oil*

## **Directions:**

*Cook rice in water (if you have a rice cooker, follow rice cooker instructions. Otherwise boil in a pot (2 parts water to 1 part rice, bring water to a boil and then cover pot and simmer rice for about 18 minutes) Open all cans and drain water out of the cans. Add seasonings to chicken and set aside. Sautée vegetables and chicken with a little oil and teriyaki sauce and set aside. Once rice is finished boiling (i. e., soft and fluffy), cook with oil and soy sauce in an electric skillet or a large pan until it is light brown and little crispy. Stir in the sautéed chicken and vegetables. Eat and enjoy*

# "Chicken a la Nat"

By: Natalie Pau

## Ingredients:

- ❖  $\frac{1}{4}$  c + 1 TBSP ghee
- ❖  $\frac{1}{4}$  c flour
- ❖ 2 10.5 oz cans of chicken broth +  $\frac{1}{2}$  c of chicken broth
- ❖  $\frac{1}{4}$  c dehydrated onions
- ❖  $\frac{1}{2}$  c powdered milk
- ❖ 3.5 c water
- ❖ 3 12.5 oz can of canned chicken
- ❖ 1 TBSP soy sauce
- ❖ salt
- ❖ pepper
- ❖ garlic salt
- ❖ Greek seasoning
- ❖ 1 c rice

## Directions:

Prepare all ingredients:

- Open cans of chicken (drain and hold on to reserve liquid) , corn, broth
- Rehydrate Onions in water for 15 minutes
- Mix powdered milk and water
- Add water and broth to rice pot
- Rinse rice and keep the reserve rice water (see footnote)

## Rice

- Boil water, once boiling, add rice, mix, and turn heat down to simmer for 20 minutes
- Take rice off and let steam for 5 minutes
- Fluff and keep covered.

*Continued on the next page*

# "Chicken a la Nat"

By: Natalie Pau

## Directions Continued:

### Chicken

- *After rice starts cooking, add ghee to cast iron, once melted add onions and cook until onions are cooked through*
- *Add flour slowly and mix in on low heat*
- *Cook mixture for about 1 minute and add milk slowly until integrated and the sauce thickens*
- *Add broth from drained chicken cans slowly and integrate*
- *As sauce thickens, add reserve chicken liquid from cans and broth, slowly mixing to let sauce continue to thicken*
- *Add seasonings, taste as needed until happy with the flavor*
- *Add chicken and continue to simmer, adding broth as needed for desired thickness*

### Corn

- *After rice is taken off of burner to finish steaming, add corn to small pot with the ghee and cook on low for 5 minutes or until heated. Add salt and pepper for taste*

### Footnotes:

*Rice water contains valuable nutrients for houseplants. Using it conserves water and takes some of the worry out of over-fertilizing. One thing to keep in mind when using water from cooking on your houseplants is to make sure the water has cooled to room temperature before you use it.*

# "Black Bean and Corn Salsa"

By: LaCora Hurte

## Ingredients:

- ❖ 1 can black beans
- ❖ 1 can whole kernel corn
- ❖ lime juice
- ❖ oil
- ❖ salt
- ❖ garlic powder
- ❖ onion powder
- ❖ dried cilantro

## Directions:

Empty one can of black beans into a bowl. Drain the water off of the can of corn and add the corn to the bowl of black beans. Mix. To the bowl, add 1 tsp of garlic powder, 1 tsp of onion powder, 1/2 tsp of sugar, 1 tsp of cilantro, 2 tsp of oil and 2 tsp of lime juice. Mix. Add salt to your taste.

**EMERGENCY KIT  
COOK-OFF  
RECIPE**

# "Cold Tuna Noodle Salad"

*By: Sharon Seay and Jeff Dixon*



# "Cold Tuna Noodle Salad"

*By: Sharon Seay and Jeff Dixon*

## **Ingredients:**

- ❖ *6.4 can tuna fish*
- ❖ *1 oz. sundried tomatoes*
- ❖ *1 oz. bacon bits*
- ❖ *2 oz. Velveeta*
- ❖ *1 tsp. favorite seasoning*
- ❖ *2 pkgs. Chicken flavored Ramon noodles*
- ❖ *1 oz. Ranch seasoning pack*
- ❖ *4 mayo packets*

## **Directions:**

*Boil water and add noodles to boiling water and cook for 3 minutes. Drain noodles. Add all other ingredients and stir well until fully mixed. Can be served lukewarm or cold.*

**EMERGENCY KIT  
COOK-OFF  
RECIPE**

# “Tex Mex Bean Salad”

*By: Urnila Mota*



# "Tex Mex Bean Salad"

*By: Urmila Mota*

## Ingredients:

- ❖ *1 can bake beans*
- ❖ *1 can black beans*
- ❖ *1 can sweet corn*
- ❖ *1 tsp roasted cumin seeds  
(ground coarsely)*
- ❖ *½ tsp. red chili powder*
- ❖ *¼ tsp salt (optional)*
- ❖ *corn chips or corn tortilla*
- ❖

## Directions:

*Drain and rinse the black beans and sweet corn. Drain the bake beans. Mix the black beans, sweet corn, and bake beans. Add roasted cumin (heat cumin seeds in a frying pan on low heat until they are brown slightly, Ground coarsely once cool.), chili powder, and salt. Stir well and leave for 30-60 minutes. Serve with corn chips or corn tortilla.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Carrot Pancakes"

*By: Alanna King*



# "Carrot Pancakes"

*By: Alanna King*

## Ingredients:

- ❖ 1 cup flour
- ❖ 1 tbsp. sugar
- ❖ 2 tsp. baking powder
- ❖ ¼ tsp. salt
- ❖ 1 tsp. cinnamon
- ❖ 1 tbsp. milled flax seed
- ❖ 2 ½ tbsp. water
- ❖ 1 cup dry milk
- ❖ 2 tbsp. cooking oil
- ❖ ½ cup shredded carrots
- ❖ Raisins, walnuts, syrup

## Directions:

*Whisk together 1 tbsp. milled flax seed and 2 ½ water to make flax egg. Set aside. Mix dry ingredients (flour, sugar, baking powder, salt, cinnamon) in a bowl. In another bowl, mix wet ingredients in a separate bowl (milk, oil, and flax egg). Mix dry and wet ingredients together. Add shredded carrot. Cook pancake on camp stove with gas. Sprinkle with raisins, walnuts, and syrup as desired.*

**EMERGENCY KIT  
COOK-OFF  
RECIPE**

# “German Chocolate Trifle”

*By: Kate Bausman*



*\*Voted First Place*

# “German Chocolate Trifle”

*By: Kate Bausman*

## Ingredients:

- ❖ *1/2 cup of chopped pecans*
- ❖ *1/2 cup of shredded coconut*
- ❖ *1/2 cup chocolate graham crackers*
- ❖ *4 packs milk chocolate or chocolate fudge pudding cups*
- ❖ *1 can coconut cream*
- ❖ *Sweetener of your choice*

*Prep Time: 15 mins*

*Total Time: 15 mins*

## Directions:

*Take a handful of the chocolate Graham crackers and place in zip lock bag. Seal bag and crush crackers with meat tenderizer or whatever is handy. Open coconut cream and discard liquid. Place solids in a bowl, add sweetener (1tbsp. of powdered sugar). Whisk coconut cream until combined. Take a small cup of bowl and cover bottom with crushed Graham crackers. Top with the content of one pudding cup. Sprinkle with pecans and shredded coconut. Top with coconut cream.*

*Sprinkle more nuts and shredded coconut on top.*

*Enjoy!*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Power Meal"

*By: Mayerly Rodriguez*



*Voted First Place*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Power Meal"

By: Mayerly Rodriguez

## Ingredients:

*Any of the following:*

- ❖ *2 cans of oil/water based tuna, sardines, salmon, sausages, or any dry protein*
- ❖ *Bread, crackers, cereal, tortillas, cookies, chips, or other carb*
- ❖ *Mayonnaise, ketchup, BBQ sauce, mustard, lemon, and vinegar*

## Directions:

*Open 2 cans of protein, pour the content in the zip-lock bags,*

*Add sauce as you desire.*

*Mix and smash until it gets creamy.*

*Serve with the chosen carbs.*

*Add any fruit or vegetable if they are available.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Chicken-banzo"

*By: Chaitali Roy*



*Voted First Place*

# "Chicken-banzo"

By: Chaitali Roy

## Ingredients:

- ❖ 1 can chicken
- ❖ 1 can garbanzo beans
- ❖ 1 bottle of salsa
- ❖ Curry powder
- ❖ Salt (optional)

## Directions:

Open all the cans (drain the water of garbanzo beans).

Mix all the ingredients.

Cook on the stove top for 15 mins on medium heat.

Adjust salt and spice level.

Serve . Other option is serve with Bread or Rice to make it complete meal.

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Zombie Apocalypse Chicken Parm"

*By: Kim Kelly*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Zombie Apocalypse Chicken Parm"

*By: Kim Kelly*

## Ingredients:

- ❖ *1 can chicken*
- ❖ *2 TBSP Bisquick*
- ❖ *2 TBSP Parmesan Cheese*
- ❖ *2 tsp olive oil*
- ❖ *1 TBSP garlic powder*
- ❖ *1 TBSP dried oregano*
- ❖ *2 tsp dried basil*
- ❖ *1 can your favorite spaghetti sauce*
- ❖ *1 small box spaghetti noodles*
- ❖ *2 - 16 oz bottles water*

## Directions:

*Open all cans with manual can opener.*

*Add 1 tsp of olive oil in cast iron skillet and heat.*

*Add 2-16 oz bottles of water to a saucepan and heat to boil.*

*Add can of Spaghetti sauce to saucepan and heat.*

*Drain canned chicken. Dump in bowl. Add remaining ingredients (only 1 tsp olive oil) and mix well with hands. Divide into 6 small balls and flatten into small patties.*

*Add noodles to boiling water and cook as directed.*

*Sauté patties in heated skillet. Cook each side for about 3-4 minutes, to make them brown and "crispy".*

*Drain noodles. Add garlic powder and olive oil.*

*Place noodles on plate, pour sauce over top and add 1-2 patties on the side.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Dumplings in Oregon Blackberry Sauce"

*By: Angie McGarvey*



*Voted "Best Overall"*

# "Dumplings in Oregon Blackberry Sauce"

*By: Angie McGarvey*

## Ingredients:

### *Sauce:*

- ❖ *2 can Oregon Fruit Products Blackberries, undrained.*
- ❖ *2 Tablespoons sugar*

### *Dumplings:*

- ❖ *1 cup self-rising flour unbleached*
- ❖ *1.5 teaspoons baking powder*
- ❖ *1 teaspoon salt*
- ❖ *1/4 cup sugar*
- ❖ *2 Tablespoons coconut oil (in solid form)*
- ❖ *1/2 teaspoon vanilla*
- ❖ *1/2 cup almond milk*

## Directions:

*To prepare sauce: combine berries with syrup and sugar in Dutch oven. Place the Dutch oven on the camp stove and heat the berry sauce to boiling, simmer gently while preparing dumplings.*

*To prepare dumplings: Combine flour, baking powder, salt, and sugar. Cut in coconut oil. Add vanilla and almond milk to the flour mixture, stirring to make a thick batter. If it seems too thick, add a little more almond milk. Drop by spoonfuls into the boiling sauce, then cover and steam the dumplings gently in the sauce for 20 minutes (do not lift the cover during the steaming process). Serve dumplings and sauce warm.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Stovetop Pizza"

*By: John Ringer*



*Voted Second Place*

# "Stovetop Pizza"

*By: John Ringer*

## Ingredients:

### *Sauce:*

- ❖ *Water*
- ❖ *Flour*
- ❖ *Salt*
- ❖ *Yeast*
- ❖ *Canned tomatoes*
- ❖ *Olive oil*
- ❖ *Dried pepperoni*

## Directions:

*Prepare the dough an hour ahead of time and allow it to rise while covered with a damp cloth.*

*Preheat a cast iron skillet.*

*Prepare tomato sauce in a sauce pan.*

*Roll out dough with your fingers and then place into cast iron skillet for 1-2 minutes on high heat.*

*Flip dough over and turn down heat.*

*Add toppings and cover.*

**EMERGENCY KIT  
COOK-OFF  
RECIPE**

# “Chicken Chili”

*By: Tammy Cramer*



*\*Voted Second Place*

# “Chicken Chili”

*By: Tammy Cramer*

## Ingredients:

- ❖ *1 canned chicken*
- ❖ *1 canned corn*
- ❖ *1 canned tomatoes*
- ❖ *Ranch mix*
- ❖ *Taco mix*
- ❖ *1 can of black beans*
- ❖ *1 can of Rotel*

## Directions:

*Mix all the ingredients together and heat for 45 mins or until hot*

*Prep Time: 15mins*

*Total Time: 1 hr.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Tuna Potato Cakes with Black Bean Pineapple Salsa"

*By: Jillian Weyant*



*Voted Second Place*

# "Tuna Potato Cakes with Black Bean Pineapple Salsa"

*By: Jillian Weyant*

## Ingredients:

- ❖ 1 medium or 2 small potatoes, peeled and cubed (W/C approved)
- ❖ 1 clove of garlic
- ❖ 1 bottle of water
- ❖ 1 can evaporated milk
- ❖ 1 can black beans, drained (W/C approved)
- ❖ 1 can pineapple, tidbits or crushed, juice drained and reserved (W/C approved)
- ❖ 1 can chunk light tuna, drained (W/C approved)
- ❖ 2 ½ T. bread crumbs
- ❖ ½ c. bread crumbs
- ❖ 2 T. coconut (optional)
- ❖ 2 T. cooking oil
- ❖ Lime, Garlic, Cilantro seasoning to taste
- ❖ Salt & pepper to taste

## Directions:

*Prepare Mashed Potatoes: Combine potatoes, garlic clove, a pinch of salt, and water in a medium saucepan. Cover and boil until potatoes are tender. Drain potatoes and mash in a medium bowl. Fold in just enough evaporated milk to give the potatoes a sticky texture – the amount will vary based on the size of the potatoes used. Season with salt and pepper to taste.*

*Prepare Black Bean Pineapple Salsa: Combine black beans and pineapple in a small bowl, add coconut if desired. Gently stir in about 1/3 c. reserved pineapple juice. Season with Lime, Garlic, Cilantro seasoning and salt & pepper to taste.*

*Prepare Tuna-Potato Mixture: Gently flake the drained tuna into a medium bowl. Season with ½ t. Lime, Garlic, and Cilantro seasoning and salt & pepper to taste. Fold in 2 ½ T. bread crumbs and ½ c. of the prepared mashed potatoes.*

*Prepare Tuna-Potato Cakes: Combine ½ c. bread crumbs and 2 T. coconut, if desired, on a small plate. Divide the tuna-potato mixture into 8 portions. Using your hands form 8 small patties, about ½" thick. Coat each patty in the bread crumb/coconut mixture.*

*Heat the oil in a skillet over medium heat. Cook the tuna potato cakes until golden brown on each side.*

EMERGENCY KIT  
COOK-OFF  
RECIPE

# “Quinoa with Corn & Black Beans”

*By: John Ringer*

## Ingredients:

- ❖ *1 box of quinoa*
- ❖ *1 can beans*
- ❖ *Spices (as desired)*

*Prep Time: 5 mins*

*Total Time: 20 mins*

## Directions:

*Prepare quinoa as indicated in instructions. Add beans and other ingredients. Add spices to taste.*

# // Souper Rice //

*By: Cindy Kucera*

## Ingredients:

- ❖ *1 can cream of mushroom soup or other cream soup*
- ❖ *1 can of bottled water*
- ❖ *1 can of minute rice*
- ❖ *Hot sauce if desired*

## Directions:

*Open can with manual can opener and pour the soup into the pan. Fill the empty soup can up with water and pour into the pan. Fill the soup can up with rice and pour into the pan. Heat the pan to a boil on the camping stove then turn off and cover and wait 6 to 8 minutes and then enjoy. This recipe is also good for when you are out of money.*



**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Tarragon Chicken"

*By: Jenny Chappel*

## Ingredients:

- ❖ *Canned Chicken (6 oz)*
- ❖ *Mayo Packet*
- ❖ *Mustard Packet*
- ❖ *Tarragon (a dried spice)*
- ❖ *Celery Seeds (optional)*

## Directions:

*Open Chicken can; keep lid over meat; drain.*

*Add 1/2 to 1 Mayo Packet*

*Add 1/4 Mustard Packet*

*1/2 tsp Tarragon*

*1/8 tsp celery seed*

*Stir.*

*Eat.*



# "Salad Italiano"

*By: Lisa Syrop*

## Ingredients:

- ❖ *1 can Garbonzo Beans  
(small if available or regular size)*
- ❖ *1 small jar of marinated artichoke hearts - Progresso if available*
- ❖ *1 can of heart of palms*
- ❖ *Kraft parmesan cheese (in can or homestyle jar)*
- ❖ *1 unopened oli salami or pepperoni*

## Directions:

- Open artichokes chopped and reserve marinade*
- Open heart of palms drain and chop*
- Open garbonzo beans drain - rinse if ample water reserves*
- Add into bowl add reserved marinade*
- Add cheese and stir*
- Add pepperoni or salami if available and desired otherwise can be served as a vegetarian dish.*

**EMERGENCY KIT**  
**COOK-OFF**  
**RECIPE**

# "Chicken Little Taco Soup"

*By: Injury Prevention Team*

## Ingredients:

- ❖ *1 can chili beans*
- ❖ *1 can black beans*
- ❖ *1 can whole kernel corn (drained)*
- ❖ *1 can chicken*
- ❖ *1 can tomato sauce*
- ❖ *2 cans Rotel with onions and green chilies (undrained)*
- ❖ *1 package of taco seasoning*
- ❖ *Various spices including: salt, pepper, red pepper, chili peper*
- ❖ *Saltine crackers*
- ❖ *Bottled water*

## Directions:

*Open all cans with a manual can opener*

*Empty all cans into pot and allow to simmer on camping stove*



# "Manhattan Clam Chowder"

*By: Karen Rice*

## Ingredients:

- ❖ *4 cans Progresso*
- ❖ *Manhattan Clam Chowder*
- ❖ *4 cans chopped clams*
- ❖ *1 bottle Tiger sauce*
- ❖ *Oyster crackers*
- ❖ *Equipment: colander, can opener, heating / cooking device*

## Directions:

*Open soup and pour into pot.*  
*Open clams, drain and pour into pot.*  
*Add bottle of tiger sauce.*  
*Heat thru and serve with crackers.*



# "Broccoli and Chicken Casserole"

*By: Julie Moon*

## **Ingredients:**

- ❖ *1 can chicken broken apart,*
- ❖ *1 ½ cup freeze dried broccoli,*
- ❖ *Boxed chicken broth,*
- ❖ *10-12 ounces gluten free noodles,*
- ❖ *17 Italian spices, onion powder, garlic powder, salt & pepper*
- ❖ *½ cup Parmesan cheese in shaker plus some to top*

## **Directions:**

*Heat 10-12 ounces of noodles on a wood stove, grill, or open flame in the entire box of broth. (add water if needed to cover noodles) cooking until tender.*

*Drain noodles capturing the liquid. (Gluten free noodles cook faster than conventional noodles so cook 2 minutes less than instructions on box).*

*Pour in freeze dried broccoli to rehydrate then add to noodles.*

*Mix canned chicken, broccoli, and broth, into casserole dish.*

*Add spices.*

*Mix and top with parmesan cheese to taste.*

# "Twinkie Napoleon"

By: Rita Evola

## Ingredients:

- ❖ 1 Twinkie
- ❖ 1 small bag of potato chips

## Directions:

Cut (or tear) open Twinkie; remove cream filling and reserve into 2 portions.

Knead twinkie cake until it forms doughy consistency, form into ball. Divide Twinkie ball in half. Roll out (or press) each half into a thin layer. Crush all but a few potato chips into a fine powder. Cut rolled out layer of dough into as many same sized squares as possible. Cover first square (layer) of Twinkie dough with reserved cream, cover cream with potato chip powder. Repeat and layer squares on top of each other, forming a layered 'cake'. Cover top layer with cream and a single potato chip as garnish. Repeat with second half of dough. Yields 2 'servings'.

# EMERGENCY KIT COOK-OFF RECIPE

## “Skillet Enchiladas”

By: *Carla Winters*

### Ingredients:

- ❖ 2 cans of canned chicken
- ❖ 1 can green chiles
- ❖ 1 small can of corn
- ❖ 1 can diced tomatoes
- ❖ ½ - 1 teaspoon minced onion
- ❖ ½ - 1 teaspoon minced garlic
- ❖ ¼ cup of flour
- ❖ 1 can cheddar cheese soup
- ❖ 1 packet enchilada seasoning
- ❖ 1 package tortillas
- ❖ Oil for pan

*Prep Time: 20 mins*

*Total Time: 40 mins*

### Directions:

*In oiled skillet, add minced onion and garlic and cook for one minute. Add canned chicken, green chiles, corn and ½ package of enchilada seasoning. Simmer to thicken. Add flour if necessary. While mixture is simmering, in a separate bowl combine cheddar cheese soup, 1/3 - 1/2 package enchilada seasoning and diced tomatoes. Remove chicken mixture from pan and wipe clean. Heat tortillas in pan one by one. Spoon chicken mixture into tortillas, roll up, and place seam side down in pan. Spoon remaining chicken mixture and cheese sauce over tortillas and heat until cheese soup sauce is bubbly.*

# “Green Chile and Bean Salsa”

*By: Catherine Long*

## Ingredients:

- ❖ *1 can pinto beans*
- ❖ *1 can hatch green chiles*
- ❖ *1-2 tablespoon red pepper flakes*
- ❖ *1 teaspoon oregano*
- ❖ *1 teaspoon garlic powder*
- ❖ *1 teaspoon onion powder*
- ❖ *Salt and pepper (to taste)*
- ❖ *Favorite crackers or chips*

*Prep Time: 5 mins*

*Total Time: 5 mins*

## Directions:

*Open pinto beans and green chile cans and mix in a bowl. Add all the seasonings. Mix together.*

# “Cherry Camp stove Cobbler”

*By: Deborah Sawyer*

## Ingredients:

- ❖ *Vegetable oil (enough to coat pan)*
- ❖ *1 cup of Oatmeal*
- ❖ *2 tablespoons of instant non-fat dry milk*
- ❖ *3 tablespoon of sugar*
- ❖ *1 tablespoon of cornstarch*
- ❖ *1 teaspoon of vanilla*
- ❖ *1 teaspoon of cinnamon*
- ❖ *1-4oz cup of applesauce*
- ❖ *1- 15-16oz can of Pitted dark sweet cherries, in heavy syrup*

*Prep Time: 7 mins*

*Total Time: 20 mins*

## Directions:

*Heat oil in pan. Combine next six ingredients in a bowl; then drop by teaspoonful into hot oil to brown. Add can of dark cherries to mixture and heat for a few minutes so that the cherries are warm and some of the cherry syrup has had a chance to evaporate. Serve and enjoy!*

*Tips: Applesauce can often be used as a substitute for butter in recipes.*

*Looking for gluten-free? Corn doesn't contain gluten, so you can substitute cornstarch in sauces and soups that use flour as a thickener (but use about half as much). Pure oats are gluten-free, but since oats may be processed in the same facilities that gluten-containing grains, you may want to stick with oatmeal that has a “gluten free” stamp on the packaging.*

# "Tuna Korma Curry"

By: *Carla Hegwood*

## Ingredients:

- ❖ 1 jar of korma or butter curry sauce
- ❖ 1-2 cans tuna in olive oil
- ❖ 1 can coconut milk
- ❖ Basmati or any other type of rice (can use dried or pre-cooked)
- ❖ Olive oil
- ❖ Water
- ❖ Spices: Dried onion, dried garlic slices, 1-2 bay leaves, garam masala mix
- ❖ Optional (to taste): salt, pepper, cumin, turmeric, dried ginger powder, true lemon powder

*Prep Time: 7 mins*

*Total Time: 20 mins*

## Directions:

*Cook or warm up rice.*

*Add a few tbsp. of water to an empty pan. Add dried onion and dried garlic slices. Simmer until reconstituted and slightly softened. Add dollop of olive oil and garam masala (Optional: add other dried spices in pantry to taste).*

*Let cook about 1-2 minutes over med heat until fragrant.*

*Drain excess olive oil from tuna, add to pan, and stir gently.*

*Add jar of sauce. Simmer on low 10-15 minutes. Add coconut milk. Simmer about 5 more minutes. Adjust seasonings as desired.*

*Serve curry over rice. Optional: sprinkle on dried parsley as garnish.*

# “Asian Chicken and Noodles”

By: *Mendy Harman*

## Ingredients:

- ❖ *2-5 oz. cans chicken breast, drained*
- ❖ *1-8oz. can sliced mushrooms, drained*
- ❖ *1-8oz. can water chestnuts, drained*
- ❖ *1-26oz. Simply Asian Japanese Inspired Ramen Soy Ginger Chicken Broth*
- ❖ *1-14.2oz. Hokkien Stir-Fry Noodles*
- ❖ *1 tablespoon stir-fry oil*
- ❖ *6 oz. Szechuan sauce*
- ❖ *Sliced Almonds*
- ❖ *Sesame Seeds*

*Prep Time: 15 mins*

*Total Time: 20 mins*

## Directions:

*Put stir-fry oil in a skillet and place on a camp stove over medium heat. Add chicken, mushrooms, and water chestnuts and heat through, taking care not to break chicken apart too much. Remove from heat. In a separate pan, heat chicken broth to boil, then add noodles and remove from heat. Add the Szechuan sauce to the noodles and stir. Put a serving of noodles on a plate, then top with chicken and vegetables. Sprinkle almonds and sesame seeds on top and serve. Make sure the chicken and noodles are warm when served. It's OK to return the pans to the stove before serving to reheat. Serve immediately and enjoy!*

# "Just Add Ramen-Seafood"

*By: Sarah S. Ross*

## **Ingredients:**

- ❖ *1 package of Shrimp Flavored Ramen Noodles*
- ❖ *1 can of Shrimp*
- ❖ *1 can of Crab Meat*
- ❖ *1 can of Asian Vegetables*
- ❖ *1 can of corn*
- ❖ *3 Packets of Soy Sauce*
- ❖ *Ginger powder*
- ❖ *Garlic powder*
- ❖ *Onion powder*
- ❖ *4 bottles of water*
- ❖ *1 package of chopsticks*
- ❖ *1 fortune cookie*

## **Directions:**

*Open all of the cans, the Ramen noodle package and 2(or 3) bottles of water. Place the water in a pot and set on med- high until it comes to a boil. In the water add 2 packets of Soy Sauce, a dash of garlic, ginger and onion powder. Add Ramen and cook until noodles are firm. Once noodles are firm, add 3 tbsp of Asian veggies, 1 tbsp of corn, 2 tbsp of shrimp and 1 tbsp of crab meat. Use chopsticks to stir until noodles are soft. Once noodles are soft, remove from heat and dump all but 1/4 cup of water. Add the shrimp seasoning packet and then stir with chopsticks. Serve hot with 1 fortune cookie and 1 bottle of water*

# "Peanut Butter Chew"

*By: Sarah Cline*

## Ingredients:

- ❖ *1 cup brown sugar*
- ❖ *1 cup peanut butter*
- ❖ *1 cup dark corn syrup*
- ❖ *4 cups Rice Krispies*

## Directions:

*Bring sugar and corn syrup to a boil.*

*Remove from heat.*

*Stir in peanut butter until smooth.*

*Add Rice Krispies.*

*Mix and shape into small balls.*

*Place on wax paper.*



# "Black Bean Burger"

*By: WIC Liaison Team*

## Ingredients:

- ❖ *1/2 can yams; drained*
- ❖ *1 can black beans; drained*
- ❖ *3/4 cup oats; crumbled*
- ❖ *1/2 t onion salt*
- ❖ *1 t cumin powder*
- ❖ *2 t chili powder*
- ❖ *Salsa*

## Directions:

- Mash black beans.*
- Add yams and other ingredients.*
- Mix well.*
- Form into patties.*
- Cook in vegetable oil for 4 minutes on each side.*
- Top with salsa.*



# "Chicken Pasta Salad"

*By: Tim Perkins*

## **Ingredients:**

- ❖ *Canned Chicken*
- ❖ *Canned Peas*
- ❖ *Canned Corn*
- ❖ *Canned Green Beans*
- ❖ *Pasta (Rotini or Bowties work best)*
- ❖ *Parmesan Cheese (if it is a new container, it doesn't need refrigeration)*
- ❖ *Salt, Pepper, Onion Powder, Garlic Powder, Oregano/Italian Seasoning*
- Italian Salad Dressing*

## **Directions:**

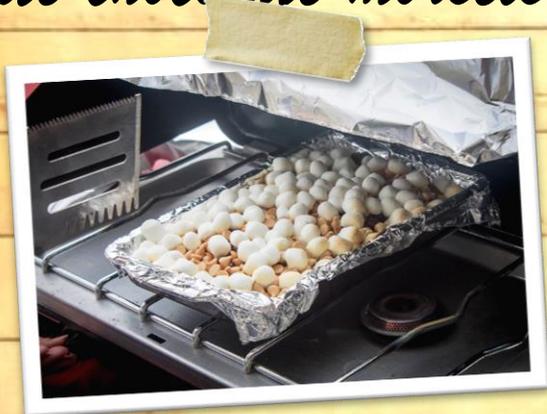
*Drain all canned food and set aside. Boil Pasta using camp stove or other heat source, and drain. Place canned items in pot that pasta had just been boiled in to heat up, then add pasta again. Add spices, salad dressing, and parmesan cheese to taste.*

# "Warm, Gooney Dessert Nachos"

*By: Kitty Deiss*

## Ingredients:

- ❖ *Cinnamon Pita Chips*
- ❖ *Mini Marshmallows*
- ❖ *Semi-sweet chocolate morsels*
- ❖ *Butterscotch morsels*
- ❖ *White chocolate morsels*



## Directions:

*Cover the grill grates or a grill pan/tray with foil.*

*Heat grill to a low temperature.*

*Spread pita chips on foil in a single layer, leaving them slightly overlapping one another.*

*Sprinkle with the remaining ingredients.*

*Close the lid for 3 minutes. Nachos are ready when toppings are melting but retain some of their original shape.*

*If you wish to have a toasty crust on the marshmallows: Place the mini-marshmallows on a small, foil-covered tray on the upper grill shelf; heat with lid closed until they have reached desired browning then spoon onto nachos. OR use standard-sized marshmallows and toast them on sticks close to heat, place on nachos and spread as desired.*

*This recipe can be made on a camp stove or campfire.*

**EMERGENCY KIT  
COOK-OFF  
RECIPE**

# “Virgin Hurricane Refreshment”

*By: Crista Sullivan*



*Voted “Best Overall”*



## Suggested Emergency Food Supplies

- Peanut butter
- Whole wheat crackers (consider vacuum packing to prolong freshness)
- Nuts and trail mix
- Cereal
- Power bars and granola bars
- Dried fruit
- Canned meat such as tuna, salmon, chicken and turkey
- Canned vegetables such as beans, carrots and peas
- Canned soups and chili
- Sports drinks
- Sugar, salt and pepper
- Powdered milk
- Multivitamins

